

Continuing Professional Development Lecture: **Voice Care**

4 February 2021

Synopsis

Staff working in the healthcare industry may experience heavy vocal demand on a day-to-day basis. Patient-facing or customer-serving duties, for example, may involve long hours of talking, and impose significant strain on the voice box. Inadequate voice care and/or the lack of vocal training may increase an individual's risk of developing voice problems. Voice problems may include an inconsistent or permanent change in voice quality or throat discomfort relating to voice use. The good news is such voice problems are highly preventable. Through greater awareness of one's vocal health and practicing good vocal wellness habits, one can maintain a healthy, sustainable voice for their personal and professional wellbeing.

Through this short lecture, individuals will be able to:

- understand the basic mechanism of voice production
- identify common voice problems and their causes and symptoms
- identify if they are at risk of having voice problems
- list and practice vocal wellness strategies
- perform simple exercises to facilitate voice production

Speakers

Ms Jaymie Chai and **Ms Alberta Low** are speech therapists working in Singapore General Hospital. They are trained in the assessment and treatment of adults with communication and swallowing disorders.

On top of this, Jaymie manages neonates with swallowing problems. She heads the voice team and runs clinics for people with voice problems, including a joint clinic with a laryngologist at the Ear, Nose and Throat (ENT) centre.

Alberta specializes in the management of speech and swallowing of adults who have undergone head and neck surgery at both inpatient and outpatient settings. She is also part of the voice team and runs outpatient voice clinics.



Lecture Details

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| Date | : 4 February 2021, Thursday |
| Duration | : 1 hour |
| Time | : 6.00 pm - 7.00 pm |
| Fee | : Complimentary |
| Platform | : Zoom Cloud Meetings |

Target Audience

Allied health professionals

Registration

To register, scan the QR code or click on the web link. Registration closes on **21 January 2021, Thursday**.



<https://qrgo.page.link/or54D>

Upon registration, you agree to PGAHI [Terms & Conditions](#).

Zoom Capacity: 500

This lecture will be conducted via [Zoom Cloud Meetings](#) app. For ease of accessing the lecture, please download/update Zoom Cloud Meetings app.

Details of the lecture meeting link will be sent to the successful registrants nearer the lecture date.

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